

## Land and Water Drop-In Fitness Classes

Over 30 different types of land and water drop-in fitness classes are offered between the three different facilities: Centennial Pool, the Longmont Recreation Center, and the St Vrain Memorial Building. A full listing of class descriptions and schedules can be found at each of the recreation facilities and online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec). Unless otherwise noted, drop-in fitness classes are included with general admission.

### No Regular Fitness Classes:

Thursday, December 25, 2014 or Thursday, January 1, 2015

Regular Fitness Classes until 1pm, Wednesday, December 24 & 31, 2014:

only at Centennial Pool and Longmont Recreation Center

### Special Fitness Classes:

**ZUMBA®** Thurs, Jan 1, 1-2:30pm at the Longmont Recreation Center

Special class to start your year off right! General use of facility is NOT available during class time.

**New to NIA**, Sat, Feb 28, 1-2:15pm at the Longmont Recreation Center

Learn the theory and steps for any NIA class. Instructor: Marcia Babcock

**Group Fitness Instructors WANTED.** Must have certification. Apply online @ [www.LongmontColorado.gov](http://www.LongmontColorado.gov)



### Jazzercise

Aerobic dance, Yoga, Pilates and Kickboxing movements set into a fun routine. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312.

Drop-in \$8/class; passes available.

MWF 9-10am @ Longmont Recreation Center

### TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program. Online keyword "TRX".

16 & up: Jan 5-Feb 12; Feb 23-Apr 2; or Apr 13-May 20

Days/Times: Mon/Wed, 8:15-9am

Mon/Wed, 5:30-6:15pm

Tues/Thurs, 8:15-9am

Tues/Thurs, 5:45-6:30pm

keyword

search

"TRX"

Location: Centennial Pool, 1201 Alpine St

Fee: \$30 recreation pass holders /\$43 non-pass holders

### Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

### Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57

5 sessions- \$200/ \$250

10 sessions- \$350/ \$438

1 session- \$55/ \$69

5 sessions- \$250/ \$313

10 sessions- \$450/ \$563

### Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$30 resident / \$38 non-resident

Location: Longmont Recreation Center, 310 Quail Rd

### Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St Vrain Memorial Building at 303-651-8404 for orientation class dates and times. 14 years and older.

### Quick Fit

\$3 resident/ \$3.50 non-resident Quick Fit Workouts are available at Centennial Pool, exclusively to parents of learn-to-swim classes while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

## Wellness Workshops & Classes

### Tae Kwon Do

Tae Kwon Do is a Korean Martial Art that offers physical fitness, improved self-confidence, and more. Learn self-defense techniques and traditional movements through ongoing monthly classes. Good for beginning or experienced students. Classes meet 3 times per week. Taught by 4th degree Black Belt, John Lynn. \*No class May 25.

Instructor: Longmont Martial Arts Academy

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$60 resident/ \$75 non-resident

Drop-in fee: \$8 resident/ \$10 non-resident

	7 to 10 years	11 to 15 years	16 & up
Days/ Times:	T/Th/F, 4:15-5:15pm	M/W/F, 4:15-5:15pm	T/Th, 7-8pm & F, 6:30-7:30pm
<b>Dec</b>	446251.12	446250.12	447250.12
<b>Jan</b>	146251.01	145250.01	147250.01
<b>Feb</b>	146251.02	146250.02	147250.02
<b>Mar</b>	246251.03	246250.03	247250.03
<b>Apr</b>	246251.04	246250.04	247250.04
<b>May*</b>	246251.05	246250.05	247250.05

## Holiday Reboot: Nutrition & Mindfulness

Time to reboot from the holidays! Each week, learn nutritional theories and mindfulness practices to decrease stress and increase energy. Taught by Martha Walker, of Eat Sleep Play Meditate.

18 & up: Dec 4-18, Thurs, 7-8pm 443501.12  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$45 resident/\$56.25 non-resident

18 & up: Jan 8-29, Thurs, 7-8pm 143501.01  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$60 resident/\$75 non-resident

## Winning Habits

How to create habits so you reach your goals-Understand and discover the concepts to creating a healthy lifestyle, learn to control your life and get tools to start developing the change you crave. Achieve better wellness, higher energy and confidence from this point forward.

18 & up: Jan 10, Sat, 10:30-1:30pm 113802.1A  
Instructor: Tal Cohan- Wellness Coach and Personal Trainer  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$20 resident / \$25 non-resident

## Control your Weight - Control your Life

In a non-judgmental and supportive environment, go deep into the concepts that create healthy and fit lifestyle. Develop a personal plan to create the changes you desire. No quick fix or empty promises but different approach for a change that will last a life time.

18 & up: Jan 22, 29 & Feb 5, Thurs, 7-8:15pm 113803.1A  
Mar 5, 12 & 19, Thurs, 7-8:15pm 213803.1A  
Apr 30, May 7 & 14, Thurs, 7-8:15pm 213803.2A  
Instructor: Tal Cohan- Wellness Coach and Personal Trainer  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$30 resident / \$37.50 non-resident

What the participants are saying:

*"It's not just about weight loss, it's about the why and how to move forward from it."*

*"The level of honesty and intimacy shared is inspiring; it's a safe place to explore your needs and goals."*

*"I got way more than I paid for and the take away will stay with me forever." Janet P. (January 2014)*

## Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: Mar 28, Sat, 3-5pm 213902.1A  
Instructor: Marcia Babcock, PhD, CPT,  
Nia Black Belt Instructor  
Location: Longmont Recreation Center, 310 Quail Rd  
Fee: \$10 resident/\$12.50 non-resident

## Learn to Meditate

Learn to simply be with the breath, body and thoughts without clinging to them. This six-week class offers practical instruction in sitting and walking meditation. Meditation practice can help us relate to challenges and changes in our lives with curiosity, gentleness and perspective.\*NO Class 02/15

18 & up: Feb 1-Mar 15, Sun, 10:30-11:30am 143500.A  
Instructor: Katharine Kaufman  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$40 resident/\$50 non-resident  
Drop In: \$8 resident/\$10 non-resident

## Introduction to Meridian Tapping

Learn about the history of tapping and how it's being used as a powerful self-care tool to relieve emotional and physical pain. Come and experience meridian tapping for yourself! Learn more at [www.tappingguidance.com](http://www.tappingguidance.com).

17 & up: Feb 9, Mon, 6:30-8pm 147103.02  
Instructor: Rev. Joyce Jay  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$15 resident/\$18.75 non-resident

## Meridian Tapping 101

Learn and practice the basics of meridian tapping for relief of emotional and even physical pain. Easy to learn. Simple to apply. Powerful healing benefits. Learn more at [www.tappingguidance.com](http://www.tappingguidance.com).

17 & up: Mar 9-30, Mon, 6:30-8pm 247103.03  
Instructor: Rev. Joyce Jay  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$85 resident/\$106.25 non-resident

## Slim Down with Hypnosis

Release your cravings, stick to healthy eating habits and lose that excess weight by accessing the powerful subconscious part of your mind. Experience hypnosis, address emotional issues and retrain your thought processes. All sessions leave you feeling relaxed, refreshed and confident. Fee includes CD to use at home & 3 class meetings.

18 & up: Jan 29-Feb 12, Thurs, 6:30-8:30pm 143314.02  
Instructor: Karen Peterson  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$90 resident/\$112.50 non-resident

## Stop Smoking with Hypnosis

One session and home follow up with the included reinforcement CD is all most people to kick the smoking habit for good. Hypnosis helps eliminate the urge for a cigarette easily and naturally, without the normal negative side effects. Fee includes reinforcement CD.

18 & up: Feb 19, Thurs, 6:30-8:30pm 143321.02  
Apr 8, Wed, 6:30-8:30pm 243321.04  
Instructor: Karen Peterson  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$40 resident/\$50 non-resident

## Clearing Negative Emotions with Hypnosis

Do you feel stuck? Can't get past something in your past? Learn about hypnosis before settling in for a relaxing, rewarding hypnosis session designed to help you let go of the old and embrace the best of life.

18 & up: Feb 25, Wed, 6:30-8:30pm 143322.02  
Instructor: Karen Peterson  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$40 resident/\$50 non-resident

## Reflexology for Foot Conditions

Learn how beneficial Reflexology can be for Plantar Fasciitis, Neuromas, Achilles Tendonitis, Sciatica, foot cramps, Edema, Osteoarthritis, sprained ligaments, Restless Leg Syndrome and more. Covers inexpensive hints and exercises for good foot health, proper shoes and fitting, and take imprints of your feet. \$5 materials fee is payable to the instructor at class.

18 & up: Apr 23, Thurs, 6-9pm 243324.04  
Instructor: Karen McMeans Sapienza  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$35 resident/\$43.75 non-resident

## Women's Safety Awareness

Class covers: Awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips & easily obtained tools that can be used for your defense. Some simple and effective defensive techniques will be taught. Class is taught by Longmont Police Officers.

13 & up: Mar 24, Tue, 6:30-8:30pm 247124.A  
May 12, Tue, 6:30-8:30pm 247124.B  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$5 resident/\$6.25 non-resident

## Paddleboard Yoga

The latest fitness craze - paddleboard yoga -- fuses stand-up paddleboarding with yoga! Popular at Union Reservoir and now indoors for the winter, the class includes boards; all you need to bring is your swim suit and towel.

15 & up: Sunday, 8:30-10am  
Jan 11 123955.1 or Jan 25 123956.2  
Feb 8 123957.1 or Feb 22 123958.2  
Mar 8 223955.1 or Mar 22 223956.2

Location: Centennial Pool, 1201 Alpine Street  
Daily Fee: \$39 resident/ \$48.75 non-resident  
Monthly Fee: \$72 resident/ \$90 non-resident

## Acu-Yoga Workshop

This 2.5 hour mini-retreat combines classical and restorative yoga poses, pranayama (breathing), relaxation techniques, aromatherapy and acupuncture with a goal to relieve stress, detox, rejuvenate and restore the body as well as to calm the mind.

15 & up: Feb 7, Sat, 2-4:30pm 143191.02  
Mar 7, Sat, 2-4:30pm 243191.03  
Location: Izaak Walton Clubhouse, 18 S Sunset

15 & up: Apr 18, Sat, 2-4:30pm 243191.04  
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Instructor: Urszula Bunting  
Fee: \$45 resident/\$56.25 non-resident

## Slow Down the Aging Process Yoga & Ayurveda Workshop

This workshop combines basic principles of Yoga and Ayurveda, a 5,000-year-old healing system and life science originating from India. Class includes gentle yoga practice, pranayama (breathing) meditation and ayurvedic techniques specifically geared toward achieving a healthy lifestyle, slowing down the aging process and feeling more vibrant.

18 & up: Feb 23, Mon, 6-8:30pm 143192.02  
Instructor: Urszula Bunting  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$35 resident/\$43.75 non-resident

## SilverSneakers® Fitness Program

The SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. This fitness program offers SilverSneakers® members unlimited access for daily admission to the Longmont Recreation Center. The members have the opportunity to use fitness equipment, pool, indoor track, steam/sauna and may attend signature SilverSneakers® classes which are specifically designed for older adults and taught by certified instructors. To find out more, contact Heather at 303-774-4718, [heather.deal@ci.longmont.co.us](mailto:heather.deal@ci.longmont.co.us) or stop into the Longmont Recreation Center and get signed up!



## SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: Thursdays, 9-10am: Jan 8, Feb 5, Mar 5, Apr 2  
Thursdays, 2-3pm: Jan 22, Feb 19, Mar 19, Apr 16  
Location: Longmont Recreation Center, 310 Quail Road  
Fee: FREE, however pre-registration is required

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

## SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

## SilverSneakers® Cardio

Get Up& Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

## SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10am <b>Yoga</b>	8:45-9:30am <b>Classic</b>	9:15-10am <b>Yoga</b>	8:45-9:30am <b>Classic</b>	10:15-11am <b>Yoga</b>
10:15-11am <b>Splash</b>	9:35-10:20am <b>Circuit</b>	10:15-11am <b>Yoga</b>	9:35-10:20am <b>Circuit</b>	11:15-12pm <b>Yoga</b>
		1:30-2:15pm <b>Cardio</b>	10:15-11am <b>Splash</b>	



Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.  
Drop-in fee: 1.25 hour classes - \$10 resident/ \$12.50 non-resident;  
2 hour classes: \$13 resident/ \$16.25 non-resident

### Gentle Yoga – Mon and/or Wed

This class is for anyone who is looking for a gentle but effective way to release stress, increase strength and flexibility, improve balance and overall well-being. For maximum benefit we use yoga props, chairs and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour. *No class Dec 22-31, Jan 19, Feb 16, Apr 6*

### Alignment Based Yoga - Mon

This class emphasizes anatomical alignment for safety. Thoughtful sequencing helps prepare your body for poses that improve strength, balance, and flexibility. Accurate alignment keeps the spine and joints healthy; a slow, focused style deepens your awareness, releases physical and mental tension, and leaves you renewed. 1.25 hour. *No class Jan 19. \*\*Diana Shellenberger instructing Dec classes.*

### Wellness Yoga – Mon/Thurs

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour. *No class Dec 25-Jan 8*

### Slow-Mo Yoga Flow - Tues

Slow-Mo Yoga Flow introduces vinyasa flow yoga in ways that students of all levels can do. The pace of poses is slow and continuous, allowing students to readily follow the sequences and maintain their optimal form. Increased stamina, flexibility and confidence are the result. 1.25 hour. *No class Dec 23 & 30.*

### Therapeutic Structural Yoga - Wed

Restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour. *No class Dec 25-Jan 4.*

### Women's Hatha Yoga - Thurs

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour. *No class Dec 25-Jan 7.*

### Beginner Friendly Yoga - Fri

Each class moves you through carefully designed sequences that work and stretch your whole being. Whether you're new to yoga or a continuing student, the multi-level instruction style offers multiple access points to the poses. Learn breathing and relaxation techniques to use between classes. 1.25 hour.

### Sunday Morning Yoga

Are you new to yoga? Feel at ease through an alignment based foundational practice designed for every body. Honing awareness cultivate breath, strength, flexibility and deep rest, coming to a greater understanding of your own wellbeing. Please bring a thick wool or cotton blanket. 1.25 hour. *No class Dec 21-Jan 4, Apr 5, May 24.*

#### Activity Registration



#### On-line registration tip:

Once you view your shopping cart, put a check in front of the class(es) you want each family member to be enrolled.



Day	Time	Class	Location	Instructor
Mon	10:30-11:45am	Gentle Yoga	MemBldg	Urszula Bunting
Mon	4-5:15pm	Alignment Based Yoga	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	Izaak	Heidi Nordlund
Tues	9-10:15am	Slow-Mo Yoga Flow	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	MemBldg	Urszula Bunting
Wed	5:30-7:30pm	Therapeutic Structural Yoga	Izaak	Shar Lee
Thurs	9-11am	Women's Hatha Yoga	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	Izaak	Katharine Kaufman